



May Menu, Week 5: Grocery List

Serves 4

- 1. Meal 1: Dilled Cod w/ Cauliflower Steaks & Quinoa**
 - 2. Meal 2: Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini**
 - 3. Meal 3: Gingered Beef & Veggie Stir Fry w/ Sesame Quinoa**
 - 4. Meal 4: Mushroom Pork Roulades w/ Lemony Kale & Mashed Sweet Potatoes**
 - 5. Salad: Mixed Greens w/ Blueberry, Walnut & Goat Cheese**
 - 6. Breakfast: Tropical Breakfast Smoothie**
 - 7. Snack: Plantain Chips w/ Pineapple Salsa**
 - 8. Dessert: Watermelon "Mojito" Popsicles**
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Herbs

1 bunch cilantro (2,7)
1 bunch Italian parsley (1)
1 bulb garlic (2,3,4)
2-3" knob ginger (3)
1 bunch fresh sage (4)
(OR sub 1tsp dried sage)
1 bunch fresh mint (8)



Fruits

1c blueberries (5)
2 lemons (2,4)
4-5 limes (2,7,8)
1 orange (2)
1 fresh pineapple (2,7)
(OR ~2c precut chunks)
1 watermelon (8)
(OR ~5c, precut)



Dairy (optional)

5oz goat cheese crumbles (5)
~4T grassfed butter (1,4)
(OR sub olive oil)



Pantry

2c quinoa (1,3)
1 can lite coconut milk (6)
1/4c low-sodium tamari (3)*
~1T honey, optional (8)
2T mayo (1)*
(recommend Primal Kitchens)
1 bag plantain chips (7)
toothpicks (4)



Veggies

2 zucchini (2)
2 heads cauliflower (1)
3 bell peppers, mixed colors (3)
1 large jalapeño (2,7)
8oz sliced baby bella mushrooms (4)
2 shallots (4)
1 red onion (2,3,7)
1 bunch curly kale (4)
2 large sweet potatoes (4)
5oz mixed greens (5)
5oz baby spinach (6)



Meats

4 boneless, skinless chicken breasts, 4-6oz ea (2)
1½# grassfed beef stir fry meat (3)
1-1½# boneless pork loin chops (~½" thick) (4)



Seafood

4 cod fillets, 4-6oz ea (1)



Nuts & Dried Fruit

1/2c walnuts (5)
1/4c pine nuts (1)
1/2c golden raisins (1)*
1T chia seeds (8)



Spices

1/4tsp dried dill (1)
1/2tsp onion powder (4)
1T red chili flakes, optional (3)



Oils & Vinegars

~1c olive oil
~1/4c toasted sesame oil (3)
1/4c balsamic vinegar (5)



Frozen

8oz tropical frozen fruit (6)
(OR sub fruit of choice)



May Menu, Week 5: Prep Day



Sweet Potatoes: Peel 2 lg sweet potatoes. Cut into eighths, place in a large pot, add water to just cover potatoes. Boil 15 to 20 mins or until tender. Drain, return to pot, and the mash potatoes. Season w/ S&P. Cool. [*] (4)

Quinoa: 4c water + 2c quinoa in large pan, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally. (1,3)



Pineapple: Finely dice 1 pineapple for ~2c. Set aside. (2,7)

Watermelon: Cube watermelon for ~5c. (8) Note: slice any remaining for snacking.

Bell Pepper: Slice 3 bell peppers into long, thin strips. [*] (3)

Zucchini: Thinly slice 2 zucchini, lengthwise, ~1/2" thick (works well using a mandolin). [*] (2)

Mushroom Stuffing: Dice 8oz sliced baby bella mushrooms, mince 2 shallots, 1 garlic clove & fresh sage for ~1T. Set aside. (4)

Parsley: Finely chop parsley for ~1/2c. Set aside. (1)

Cilantro: Finely chop cilantro (~2T) for salsa (2,7). Set aside remaining for marinade (2). (2,7)

Jalapeño: Remove seeds & ribs from 1 large jalapeño & finely chop. Set aside. Note: seeds add heat, gradually add if desired. (2)

Red Onion: Finely chop 1/4 for salsa (2,7) and slice remaining for stir fry [*] (3). (2,3,7)

Ginger: Peel and grate ginger for ~2T. Set aside. (3)

Garlic: Finely chop 4 cloves garlic. Set aside (w/ginger) 2 cloves for stir fry (3). Store 2 cloves w/ kale. [*] (4) (3,4)

Kale: Remove and discard middle stem from 1 bunch kale. Chop the leaves and store w/ 2 chopped garlic cloves. [*] (4)

Cauliflower: Cut both cauliflower heads, vertically, into 1/2" thick steaks (~4-6 slices per head). [*] (1)



Pork Roulades (4)

Over medium heat, melt 1½T butter (or olive oil) in large saute pan.

Add 8oz diced baby bella mushrooms and 2 minced shallots. Cook until soft, ~5-10 minutes.

Add 1 minced garlic clove and cook ~1 minute until fragrant.

Add in ½tsp salt + ½tsp pepper + ½tsp onion powder. Remove from heat and add ~1T minced sage (or 1tsp dried sage). Cool.

Line a butcher block/cutting board with parchment paper and tear off an additional sheet of parchment paper.

Place 1 pork chop between parchment paper & flatten w/ mallet until ~1/4" thick. Season both sides w/ S&P. Repeat w/ all chops.

Take one flattened pork chop, place ~2T of mushroom filling towards one end.

Roll up pork chop and secure with a toothpick. Repeat with remaining chops. [*] (4)



Watermelon "Mojito" Popsicles (8)

In blender, blend the following until smooth:

- ~5c cubed watermelon
- small handful of mint leaves, torn (note: use leftover mint leaves in your water or iced tea this week - delish!)
- juice of 1 lime
- pinch of salt
- ~1T honey, optional (depending on sweetness of watermelon)

Add 1T chia seeds and mix with a spoon. Pour mixture into popsicle molds and freeze 5 hours or overnight. [*] (8)



Chicken Marinade (2)

Blend the following until smooth:

- zest and juice of 2 limes
- zest and juice of 1 lemon
- zest of 1 orange
- handful of cilantro (remaining)
- 1/4c olive oil
- 1/4c water
- 1T salt
- 2 garlic cloves. [*] (2)



Cauliflower Topping: In small bowl combine 1/4c pine nuts + 1/2c golden raisins + 1/2c chopped parsley. [*] (1)

Salsa (2,7)

Toss together:

- 2c diced pineapple
- 1 lg chopped jalapeño
- 2T cilantro
- 1/4 red onion, finely chopped
- lime juice to taste (1-2 limes)
- 1/4tsp salt. [*] (2,7)

Sesame Quinoa: Toss 1/2c of cooked quinoa w/ 2-3T toasted sesame oil. [*] (3)

Salad (5)

Layer in container as follows:

- 1/2c of mixed greens
- 1/2c blueberries
- 1/4c walnuts
- 1/2c of goat cheese crumbles, optional

Repeat layers. [*] (5)



Stir Fry Sauce (3)

Whisk together:

- 1/4c low-sodium tamari
- 1T sesame oil
- 2T fresh grated ginger
- 2 cloves chopped garlic. [*] (3)

Balsamic Dressing (5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste. [*] (5)

KEY - [*]: store in container, label & refrigerate for use later in week



May Menu, Week 5: Dish Day

Day 1

Dilled Cod w/ Cauliflower Steaks & Quinoa (1)

1. Preheat oven to 400 F. Place quinoa in oven, covered, for 30-40 mins or heated through.
2. Place cauli steaks on baking sheet. Drizzle w/ olive oil & S&P both sides. Bake 20-25 mins or golden brown, flip half way through.
3. Spread 2T mayo in thin layer over cod fillets. Sprinkle w/ 1/4tsp dried dill & salt. Bake ~12-16 mins or until flaky.
4. In sm saute pan over med-high add 2T butter or olive oil. Add cauliflower topping & saute 3-5 mins or pine nuts begin to toast.
5. Top cauliflower steaks with pine nut/raisin mixture and serve with cod.

Option: start marinating chicken tonight for D2.

Day 2 **Note: requires 2-12 hr marinating time

Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini (2)

1. Marinate chicken in fridge for 2-12 hours prior to grilling, if not done last night.
2. Preheat grill to med-high & remove chicken from marinade. Grill for ~5 min/ side or cooked through to 165 F.
(Note: Can also bake chicken in oven at 375 F for 30 minutes or reaches internal temp of 165 F. Cook longer if bone-in.)
3. Brush zucchini lightly w/ olive oil and season w/ S&P. Grill for 4-6 minutes, flipping halfway through.
4. Serve chicken w/ pineapple salsa & grilled zucchini. Reserve 1/2 of salsa for snacking.

Option: start marinating beef tonight for D3.

Day 3 **Note: requires 30 min - 12 hr marinating time

Gingered Beef & Veggie Stir Fry w/ Sesame Quinoa (3)

1. Marinate sliced beef in stir fry sauce for 30 minutes up to 12 hours in fridge, if not done last night.
2. Heat sesame quinoa, covered, in 350 F oven for 30-40 mins (option to reheat in microwave).
3. Heat 1tsp olive oil (or coconut oil) in large sauté pan or wok over medium-high heat.
4. Cook onion & bell pepper for 10 mins. Scoot to side, add beef + marinade to pan & cook 3-5 min, or pink is just disappearing.
5. Option to top stir fry w/ red chili flakes as desired. Serve immediately over quinoa.

Day 4

Mushroom Pork Roulades w/ Lemony Kale & Mashed Sweet Potatoes

1. Preheat oven to 375 F. Reheat mashed sweet potatoes in oven, covered, ~30-40 minutes.
2. Brush roll-ups with 1/2T melted butter (olive oil). Bake for 15-17 mins, remove toothpicks, then broil for 2-3 mins or golden brown.
3. In saute pan heat ~1T olive oil over medium. Add 2 chopped garlic cloves + 1 bunch chopped kale and cook for 8-10 min.
4. Add juice from 1/2-1 lemon + S&P and cook 2-3 min more.

Salad

Mixed Greens w/ Blueberry, Walnut & Goat Cheese (5)

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle ~1T over each serving of salad.

Breakfast

Tropical Breakfast Smoothie (6)

1. For 4 servings, blend: 1/2 can coconut milk with 8oz frozen tropical fruit. When smooth, add 5oz baby spinach and blend well.
2. Add water/ coconut milk as needed. Option: freeze leftover coconut milk in ice cube tray to use later.

Snack

Plantain Chips w/ Pineapple Salsa (7)

1. Serve plantain chips with remaining salsa.

Dessert

Watermelon "Mojito" Popsicles (8)